

Application No. 10/735,343
Amendment dated September 1, 2004

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-59. (cancelled)

60. (new) A shoe including a forward region, a heel region, and a mid-foot region located between the forward region and the heel region, the shoe comprising:
- an upper, a medial side, and a lateral side; and
 - a sole secured below a portion of the upper, the sole comprising:
 - a member having a top wall with a lower surface and a bottom wall with an upper surface, the bottom wall having a height and two interior side surfaces separated by a gap that extends through the height of the bottom wall, the lower surface of the top wall being generally oriented toward the upper surface of the bottom wall, the top wall and the bottom wall being connected at a closed end by a curved wall proximate the mid-foot region of the shoe, the member having an open end opposite the closed end, the top, bottom, and curved walls being integrally formed of the same material, a portion of each of the top and bottom walls being spaced a distance from each other so that during the wearer's gait cycle when the shoe is in contact with the ground the distance is reduced;
 - at least one element in contact with a portion of the lower surface of the top wall and a portion of the upper surface of the bottom wall, the at least one element having at least one sidewall;
 - a void defined at least in part by a portion of the lower surface of the top wall, a portion of the upper surface of the bottom wall, and a portion of the sidewall of at least one of the at least one element, the void being at least in part exposed to and visible from outside the shoe; and
 - a bottom surface that is at least in part ground-engaging.
61. (new) The shoe of claim 60, wherein a cross-sectional profile of the top wall, bottom wall, and the curved wall therebetween form a generally recumbent U-

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shape.

62. (new) The shoe of claim 61, wherein the cross-sectional profiles of the top and bottom walls are substantially parallel.
63. (new) The shoe of claim 62, wherein the top wall and the bottom wall are in planes that are substantially parallel with each other.
64. (new) The shoe of claim 60, wherein the reduced distance results from one of the portions of the top and bottom walls deflecting toward the other in a substantially vertical direction.
65. (new) The shoe of claim 60, wherein the reduced distance results from the portion of the top wall deflecting toward the ground in a substantially vertical direction.
66. (new) The shoe of claim 60, wherein the top wall has at least one edge proximate the medial side of the shoe and at least one edge proximate the lateral side of the shoe
67. (new) The shoe of claim 66, wherein at least one of the at least one edge of the top wall proximate the medial side of the shoe and the at least one edge of the top wall proximate the lateral side of the shoe is visible from outside the shoe.
68. (new) The shoe of claim 66, wherein the at least one edge of the top wall proximate the medial side of the shoe and the at least one edge of the top wall proximate the lateral side of the shoe are visible from outside the shoe.
69. (new) The shoe of claim 60, wherein the bottom wall has at least one edge proximate at least one of the medial side of the shoe and the lateral side of the shoe.
70. (new) The shoe of claim 69, wherein the at least one edge of the bottom wall is at least in part visible from outside the shoe.
71. (new) The shoe of claim 60, wherein the bottom wall has at least one edge proximate the medial side of the shoe and at least one edge proximate the lateral side of the shoe.
72. (new) The shoe of claim 71, wherein the edges of the bottom wall on the medial and lateral sides of the shoe are approximately parallel with each other.

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73. (new) The shoe of claim 71, wherein the edges of the bottom wall on the medial and lateral sides of the shoe are at least in part visible from outside the shoe.
74. (new) The shoe of claim 71, wherein each of the interior side surfaces of the bottom wall forms an interior edge with the upper surface of the bottom wall, the interior edges of the bottom wall being substantially planar with each other and substantially parallel with the ground.
75. (new) The shoe of claim 60, wherein each of the interior side surfaces of the bottom wall forms an interior edge with the upper surface of the bottom wall, the interior edges of the bottom wall being substantially planar with each other and substantially parallel with the ground.
76. (new) The shoe of claim 60, wherein the curved wall has at least one edge proximate one of the medial side of the shoe and the lateral side of the shoe.
77. (new) The shoe of claim 76, wherein the at least one edge of the curved wall is at least in part visible from outside the shoe.
78. (new) The shoe of claim 60, wherein the curved wall has a edge proximate the medial side of the shoe and a edge proximate the lateral side of the shoe.
79. (new) The shoe of claim 78, wherein the edges of the curved wall are at least in part visible from outside the shoe.
80. (new) The shoe of claim 60, wherein the curved wall has at least one opening therethrough.
81. (new) The shoe of claim 60, wherein the curved wall has a mid-longitudinal axis that is approximately perpendicular to a major longitudinal axis of the shoe, an opening being located at least in part along the mid-longitudinal axis of the curved wall.
82. (new) The shoe of claim 81, wherein the curved wall has two openings located at least in part along the mid-longitudinal axis of the curved wall.
83. (new) The shoe of claim 60, wherein the curved wall has a mid-longitudinal axis that is approximately perpendicular to a major longitudinal axis of the shoe.
84. (new) The shoe of claim 60, wherein the curved wall has a mid-longitudinal axis that is approximately perpendicular to a major longitudinal axis of the shoe and

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- parallel with the bottom surface of the sole.
85. (new) The shoe of claim 60, further comprising a cushion positioned beneath at least a portion of a bottom surface of a wearer's foot and above at least a portion of the top wall of the member, the cushion and the top wall each being made of a material, the material of the cushion being more resilient than the material of the top wall.
86. (new) The shoe of claim 85, wherein the cushion is located beneath and adjacent at least a portion of the upper.
87. (new) The shoe of claim 60, further comprising at least one opening on at least one of the medial side of the shoe and the lateral side of the shoe, the opening being in communication with the void.
88. (new) The shoe of claim 87, wherein the lower surface of the top wall is at least in part visible from outside the shoe through the at least one opening on one of the medial side of the shoe and the lateral side of the shoe.
89. (new) The shoe of claim 87, wherein the upper surface of the bottom wall is at least in part visible from outside the shoe through the at least one opening on at least one of the medial side of the shoe and the lateral side of the shoe.
90. (new) The shoe of claim 87, wherein the at least one opening includes two openings, one of the two openings being on the medial side of the shoe, the other of the two openings being on the lateral side of the shoe, at least a portion of the upper surface of the bottom wall being visible from outside the shoe through the opening on the medial side of the shoe and at least a portion of the upper surface of the bottom wall being visible from outside the shoe through the opening on the lateral side of the shoe.
91. (new) The shoe of claim 87, wherein the lower surface of the top wall is at least in part visible from outside the shoe through the at least one opening on at least one of the medial side of the shoe and the lateral side of the shoe.
92. (new) The shoe of claim 87, wherein the at least one opening includes two openings, one of the two openings being on the medial side of the shoe, the other of the two openings being on the lateral side of the shoe, at least a portion

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- of the lower surface of the top wall being visible from outside the shoe through the opening on the medial side of the shoe and at least a portion of the lower surface of the top wall being visible from outside the shoe through the opening on the lateral side of the shoe.
93. (new) The shoe of claim 87, wherein the at least one opening includes two openings, one of the two openings being on the medial side of the shoe, the other of the two openings being on the lateral side of the shoe, at least one portion of the upper surface of the bottom wall being visible from outside the shoe through each of the two openings.
94. (new) The shoe of claim 87, wherein the at least one opening includes two openings, one of the two openings being on the medial side of the shoe, the other of the two openings being on the lateral side of the shoe, at least one portion of the lower surface of the top wall being visible from outside the shoe through each of the two openings.
95. (new) The shoe of claim 87, wherein the at least one sidewall of the at least one element is at least in part visible from outside the shoe through the at least one opening in one of the medial side of the shoe and the lateral side of the shoe.
96. (new) The shoe of claim 87, wherein the at least one opening includes two openings, one of the two openings being on the medial side of the shoe, the other of the two openings being on the lateral side of the shoe, the sidewall of the at least one element being at least in part visible from outside the shoe through each of the two openings.
97. (new) The shoe of claim 60, wherein the at least one sidewall of the at least one element is at least in part visible from outside the shoe.
98. (new) The shoe of claim 60, wherein the at least one sidewall of the at least one element is at least in part visible through an opening in the bottom surface of the sole.
99. (new) The shoe of claim 60, wherein the lower surface of the top wall is at least in part exposed to and visible through an opening in the bottom surface of the sole.

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100. (new) The shoe of claim 60, wherein a substantial portion of the top wall above the at least one element is solid.
101. (new) The shoe of claim 60, wherein substantially the entire top wall above the at least one element is solid.
102. (new) The shoe of claim 60, wherein a substantial portion of the top wall is solid.
103. (new) The shoe of claim 60, wherein substantially the entire top wall is solid.
104. (new) The shoe of claim 60, wherein the bottom surface of the sole includes a non-ground-engaging portion, the non-ground-engaging portion including a substantially planar portion and an adjacent portion non-planar with the substantially planar portion.
105. (new) The shoe of claim 104, wherein the non-ground-engaging portion of the bottom surface of the sole comprises a tent-shaped portion extending toward the upper.
106. (new) The shoe of claim 105, wherein the tent-shaped portion extending toward the upper has at least one tent wall at an angle to the at least in part ground-engaging portion of the bottom surface, the at least one sidewall of the at least one element being at an angle to the at least in part ground-engaging portion of the bottom surface, the at least one tent wall of the tent-shaped portion being adjacent the at least one sidewall of the at least one element.
107. (new) The shoe of claim 106, wherein the angle of the at least one tent wall of the tent-shaped portion that is adjacent the at least one sidewall of the at least one element is approximately the same as the angle of the at least one sidewall of the at least one element that is adjacent the at least one tent wall of the tent-shaped portion.
108. (new) The shoe of claim 60, wherein the at least in part ground-engaging portion of the bottom surface is formed of outsole material.
109. (new) The shoe of claim 60, wherein the at least in part ground-engaging portion of the bottom surface of the sole includes a rear portion, the rear portion of the bottom surface having a perimeter, at least one substantially planar portion and at least two portions non-planar with the at least one substantially planar portion.

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- the at least one substantially planar portion having an outer edge proximate a portion of the perimeter of the rear portion, the non-planar portions being positioned proximate the perimeter of the rear portion and separated from each other by other portions of the bottom surface, each of the non-planar portions being inclined upwardly in a direction toward at least a portion of the perimeter of the rear portion.
110. (new) The shoe of claim 109, wherein the at least one substantially planar portion includes two substantially planar portions, one of the two substantially planar portions being proximate the medial side of the shoe and the other of the two substantially planar portions being proximate the lateral side of the shoe.
111. (new) The shoe of claim 110, wherein the rear portion has a rearward portion and an opposite forward portion connected below the upper, the forward portion being located entirely forward of the calcaneus of the wearer of the shoe, one of the at least two non-planar portions being proximate the rearward portion of the rear portion of the bottom surface of the sole, and the other of the at least two non-planar portions being proximate the forward portion of the rear portion.
112. (new) The shoe of claim 111, wherein the at least one substantially planar portion includes two substantially planar portions, one of the two substantially planar portions being proximate the medial side of the shoe and the other of the two substantially planar portions being proximate the lateral side of the shoe.
113. (new) The shoe of claim 111, wherein the aggregate area of all non-planar portions is less than the aggregate area of all substantially planar portions.
114. (new) The shoe of claim 111, wherein the at least two non-planar portions are ground-engaging and the aggregate area of all non-planar portions is less than the aggregate area of the remaining ground engaging portion of the bottom surface of the rear portion.
115. (new) The shoe of claim 60, wherein the at least in part ground-engaging portion of the bottom surface of the sole includes a rear portion, the rear portion having a perimeter, at least one substantially planar portion and at least one non-planar with the at least one substantially planar portion, the at least one

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- substantially planar portion having an outer edge proximate a portion of the perimeter of the rear portion of the bottom surface of the sole, the at least one non-planar portion being positioned proximate the perimeter of the rear portion of the bottom surface of the sole and being inclined upwardly in a direction toward at least a portion of the perimeter of the rear portion of the bottom surface of the sole, the rear portion having a rearward portion below a portion of the heel region of the upper, the at least one non-planar portion being proximate the rearward portion of the rear portion.
116. (new) The shoe of claim 115, wherein the at least one substantially planar portion includes two substantially planar portions, one of the two substantially planar portions being proximate the medial side of the shoe and the other of the two substantially planar portions being proximate the lateral side of the shoe.
117. (new) The shoe of claim 115, wherein the aggregate area of all non-planar portions is less than the aggregate area of all substantially planar portions.
118. (new) The shoe of claim 115, wherein the at least two non-planar portions are ground-engaging and the aggregate area of all non-planar portions is less than the aggregate area of the remaining ground engaging portion of the rear portion of the bottom surface of the sole.
119. (new) The shoe of claim 60, wherein the sole has at least one sidewall extending from the at least in part non-ground-engaging portion of the bottom surface toward the top wall at an angle to the at least in part ground-engaging portion of the bottom surface.
120. (new) The shoe of claim 119, wherein the at least one sidewall of the at least one element is at an angle to the at least in part ground-engaging portion of the bottom surface, the at least one sidewall of the sole being adjacent the at least one sidewall of the at least one element.
121. (new) The shoe of claim 120, wherein the angle of the at least one sidewall of the sole that is adjacent the at least one sidewall of the at least one element is approximately the same as the angle of the at least one sidewall of the at least one element that is adjacent the at least one sidewall of the sole.

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122. (new) The shoe of claim 119, wherein the top wall is at least in part flat and in a plane substantially parallel with the bottom surface of the sole.
123. (new) The shoe of claim 119, wherein the bottom surface that is at least in part ground-engaging has an opening therethrough that exposes at least one of the interior side surfaces of the bottom wall, the opening through the at least in part ground-engaging portion of the bottom surface being larger than an exposed portion of the top wall.
124. (new) The shoe of claim 60, wherein no part of a substantially air-tight enclosure is located in on any vertical axis between the top wall and the bottom wall.
125. (new) The shoe of claim 60, wherein the bottom surface of the sole has at least one of a plurality of grooves and a plurality of ridges.
126. (new) The shoe of claim 60, wherein the bottom surface of the sole below the mid-foot region of the shoe includes a portion which is non-ground engaging when the shoe is in an unloaded state.
127. (new) The shoe of claim 126, wherein the non-ground-engaging portion extends from the medial side of the shoe to the lateral side of the shoe.
128. (new) The shoe of claim 126, wherein the non-ground-engaging portion extends below at least a substantial portion of the mid-foot region of the upper.
129. (new) The shoe of claim 126, wherein the non-ground-engaging portion extends below substantially the entire mid-foot region of the upper.
130. (new) The shoe of claim 126, wherein at least a forward portion of the non-ground-engaging portion is inclined upwardly in a direction toward a rear of the shoe.
131. (new) The shoe of claim 126, wherein at least a rearward portion of the non-ground-engaging portion is inclined upwardly in a direction toward a front of the shoe.
132. (new) The shoe of claim 126, wherein the ground-engaging portion of the bottom surface of the sole is formed of a first material, at least a portion of the non-ground-engaging portion of the bottom surface below the mid-foot region being formed of a second material different from the first material.

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133. (new) The shoe of claim 126, wherein the non-ground-engaging portion of the bottom surface below the mid-foot region extends from a point on the medial side of the shoe to a point on the lateral side of the shoe.
134. (new) The shoe of claim 60, wherein the sole includes a rear sole secured below the heel region of the upper, the rear sole having a forward portion, a rearward portion, a bottom surface with a perimeter and a center located beneath the approximate center of the calcaneus of the wearer of the shoe, the bottom surface having at least two portions which are beveled in different directions away from the center of the rear sole, each of the beveled portions defining at least in part the perimeter of the rear sole.
135. (new) The shoe of claim 134, wherein one of the at least two beveled portions is located at least in part in the forward portion of the rear sole and is oriented at least in part toward a front of the shoe.
136. (new) The shoe of claim 134, wherein one of the at least two beveled portions is located at least in part in the rearward portion of the rear sole and is oriented at least in part toward a rear of the shoe.
137. (new) The shoe of claim 134, wherein one of the at least two beveled portions is located at least in part in the forward portion of the rear sole and is oriented at least in part toward a front of the shoe and one of the at least two beveled portions is located at least in part in the rearward portion of the rear sole and is oriented at least in part toward a rear of the shoe.
138. (new) The shoe of claim 60, wherein the top wall is at least in part flat and in a plane substantially parallel with the bottom surface of the sole.
139. (new) The shoe of claim 60, further including an arch bridge secured below at least a portion of the mid-foot region of the upper.
140. (new) The shoe of claim 139, wherein the arch bridge has a lower surface that is at least in part visible from the bottom of the shoe.
141. (new) A shoe comprising:
a forward region, a heel region, and a mid-foot region located between the forward region and the heel region, a medial side, a lateral side, and a width

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between the medial and lateral sides;

an upper;

a bottom surface, at least a portion of which is ground-engaging;

a plate secured between the upper and the bottom surface, the plate being non-ground-engaging and made of a durable plastic material, the plate extending across a majority of the width of the shoe; and

an upwardly inclined wall defining an opening with a vertical central axis that is generally centered along the width of the shoe, the opening exposing at least a portion of the plate from the bottom of the shoe, the upwardly inclined wall having an upper perimeter with a distance around the vertical central axis of the opening and a lower perimeter with a distance around the vertical central axis of the opening, the distance around the upper perimeter of the upwardly inclined wall being less than the distance around the lower perimeter of the upwardly inclined wall.

142. (new) The shoe of claim 141, wherein the upper perimeter of the upwardly extending wall is at least in part curved in a horizontal plane.
143. (new) The shoe of claim 141, wherein the upper perimeter of the upwardly inclined wall is non-linear in a horizontal plane.
144. (new) The shoe of claim 141, wherein the lower perimeter of the upwardly inclined wall is at least in part curved in a horizontal plane.
145. (new) The shoe of claim 141, wherein the upper perimeter of the upwardly inclined wall is separated from the plate by a void.
146. (new) The shoe of claim 145, wherein the void has a horizontal cross sectional dimension that is greater than the maximum horizontal cross sectional dimension of the upper perimeter of the upwardly inclined wall.
147. (new) The shoe of claim 145, further comprising at least one opening on at least one of the medial side of the shoe and the lateral side of the shoe, the opening being in communication with the void.
148. (new) The shoe of claim 147, wherein a lower surface of the plate is at least in part visible from outside the shoe through the at least one opening on one of the

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medial side of the shoe and the lateral side of the shoe.

149. (new) The shoe of claim 147, wherein a portion of the upwardly inclined wall is at least in part visible from outside the shoe through the at least one opening on at least one of the medial side of the shoe and the lateral side of the shoe.
150. (new) The shoe of claim 147, wherein the at least one opening includes two openings, one of the two openings being on the medial side of the shoe, the other of the two openings being on the lateral side of the shoe, at least a portion of the upwardly inclined wall being visible from outside the shoe through the opening on the medial side of the shoe and at least a portion of the upwardly inclined wall being visible from outside the shoe through the opening on the lateral side of the shoe.
151. (new) The shoe of claim 147, wherein a lower surface of the plate is at least in part visible from outside the shoe through the at least one opening on at least one of the medial side of the shoe and the lateral side of the shoe.
152. (new) The shoe of claim 147, wherein the at least one opening includes two openings, one of the two openings being on the medial side of the shoe, the other of the two openings being on the lateral side of the shoe, at least a portion of a lower surface of the plate being visible from outside the shoe through the opening on the medial side of the shoe and at least a portion of a lower surface of the plate being visible from outside the shoe through the opening on the lateral side of the shoe.
153. (new) The shoe of claim 147, wherein the at least one opening includes two openings, one of the two openings being on the medial side of the shoe, the other of the two openings being on the lateral side of the shoe, at least one portion of the upwardly extending wall being visible from outside the shoe through each of the two openings.
154. (new) The shoe of claim 147, wherein the at least one opening includes two openings, one of the two openings being on the medial side of the shoe, the other of the two openings being on the lateral side of the shoe, at least one portion of a lower surface of the plate being visible from outside the shoe

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- through each of the two openings.
155. (new) The shoe of claim 141, wherein the at least in part ground-engaging portion of the bottom surface of the shoe includes a rear portion, the rear portion of the bottom surface having a perimeter, at least one substantially planar portion and at least two portions non-planar with the at least one substantially planar portion, the at least one substantially planar portion having an outer edge proximate a portion of the perimeter of the rear portion, the non-planar portions being positioned proximate the perimeter of the rear portion and separated from each other by other portions of the bottom surface, each of the non-planar portions being inclined upwardly in a direction toward at least a portion of the perimeter of the rear portion.
156. (new) The shoe of claim 155, wherein the at least one substantially planar portion includes two substantially planar portions, one of the two substantially planar portions being proximate the medial side of the shoe and the other of the two substantially planar portions being proximate the lateral side of the shoe.
157. (new) The shoe of claim 156, wherein the rear portion has a rearward portion and an opposite forward portion connected below the upper, the forward portion being located entirely forward of the calcaneus of the wearer of the shoe, one of the at least two non-planar portions being proximate the rearward portion of the rear portion of the bottom surface of the sole, and the other of the at least two non-planar portions being proximate the forward portion of the rear portion.
158. (new) The shoe of claim 157, wherein the at least one substantially planar portion includes two substantially planar portions, one of the two substantially planar portions being proximate the medial side of the shoe and the other of the two substantially planar portions being proximate the lateral side of the shoe.
159. (new) The shoe of claim 157, wherein the aggregate area of all non-planar portions is less than the aggregate area of all substantially planar portions.
160. (new) The shoe of claim 157, wherein the at least two non-planar portions are ground-engaging and the aggregate area of all non-planar portions is less than the aggregate area of the remaining ground engaging portion of the bottom

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surface of the rear portion.

161. (new) The shoe of claim 141, wherein the at least in part ground-engaging portion of the bottom surface of the shoe includes a rear portion, the rear portion having a perimeter, at least one substantially planar portion and at least one portion non-planar with the at least one substantially planar portion, the at least one substantially planar portion having an outer edge proximate a portion of the perimeter of the rear portion of the bottom surface of the sole, the at least one non-planar portion being positioned proximate the perimeter of the rear portion of the bottom surface of the shoe and being inclined upwardly in a direction toward at least a portion of the perimeter of the rear portion of the bottom surface of the shoe, the rear portion having a rearward portion below a portion of the heel region of the upper, the at least one non-planar portion being proximate the rearward portion of the rear portion.
162. (new) The shoe of claim 161, wherein the at least one substantially planar portion includes two substantially planar portions, one of the two substantially planar portions being proximate the medial side of the shoe and the other of the two substantially planar portions being proximate the lateral side of the shoe.
163. (new) The shoe of claim 161, wherein the aggregate area of all non-planar portions is less than the aggregate area of all substantially planar portions.
164. (new) The shoe of claim 161, wherein the at least two non-planar portions are ground-engaging and the aggregate area of all non-planar portions is less than the aggregate area of the remaining ground engaging portion of the rear portion of the bottom surface of the shoe.
165. (new) The shoe of claim 141, wherein the shoe includes a sole having a bottom surface below the mid-foot region of the shoe that includes a portion which is non-ground engaging when the shoe is in an unloaded state.
166. (new) The shoe of claim 165, wherein the non-ground-engaging portion extends from the medial side of the shoe to the lateral side of the shoe.
167. (new) The shoe of claim 165, wherein the non-ground-engaging portion extends below at least a substantial portion of the mid-foot region of the upper.

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168. (new) The shoe of claim 165, wherein the non-ground-engaging portion extends below substantially the entire mid-foot region of the upper.
169. (new) The shoe of claim 165, wherein at least a forward portion of the non-ground-engaging portion is inclined upwardly in a direction toward a rear of the shoe.
170. (new) The shoe of claim 165, wherein at least a rearward portion of the non-ground-engaging portion is inclined upwardly in a direction toward a front of the shoe.
171. (new) The shoe of claim 165, wherein the sole includes a ground-engaging portion that is formed of a first material, at least a portion of the non-ground-engaging portion of the bottom surface of the sole below the mid-foot region being formed of a second material different from the first material.
172. (new) The shoe of claim 165, wherein the non-ground-engaging portion of the bottom surface of the sole below the mid-foot region extends from a point on the medial side of the shoe to a point on the lateral side of the shoe.
173. (new) The shoe of claim 141, wherein the shoe includes a rear sole secured below the heel region of the upper, the rear sole having a forward portion, a rearward portion, a bottom surface with a perimeter and a center located beneath the approximate center of the calcaneus of the wearer of the shoe, the bottom surface having at least two portions which are beveled in different directions away from the center of the rear sole, each of the beveled portions defining at least in part the perimeter of the rear sole.
174. (new) The shoe of claim 173, wherein one of the at least two beveled portions is located at least in part in the forward portion of the rear sole and is oriented at least in part toward a front of the shoe.
175. (new) The shoe of claim 173, wherein one of the at least two beveled portions is located at least in part in the rearward portion of the rear sole and is oriented at least in part toward a rear of the shoe.
176. (new) The shoe of claim 173, wherein one of the at least two beveled portions is located at least in part in the forward portion of the rear sole and is oriented at

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- least in part toward a front of the shoe and one of the at least two beveled portions is located at least in part in the rearward portion of the rear sole and is oriented at least in part toward a rear of the shoe.
177. (new) The shoe of claim 141, further including an arch bridge secured below at least a portion of the mid-foot region of the upper.
178. (new) The shoe of claim 177, wherein the arch bridge has a lower surface that is at least in part visible from the bottom of the shoe.
179. (new) The shoe of claim 141, wherein the upwardly inclined wall is made of a durable plastic material.
180. (new) The shoe of claim 141, further comprising a bottom wall integrally formed with the upwardly inclined wall, the bottom wall having a portion on the medial side of the shoe and a portion on the lateral side of the shoe.
181. (new) The shoe of claim 180, wherein the bottom wall is substantially planar.
182. (new) The shoe of claim 180, wherein the bottom wall is substantially parallel to the plate.
183. (new) The shoe of claim 180, wherein the bottom wall is non-ground-engaging.